

FitZone Class Schedule

Louisville Recreation Center

September 1, 2016 – December 31, 2016

Welcome to the "FITZONE"! Admittance to "FitZone" fitness classes is included in your daily admission, 10 or 20-visit pass, monthly pass or SilverSneakers® membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Participants must be at least 14 years old.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am SS®CardioFit Terry	6:00-6:45am Express Cycle Ben	5:45-6:45am Yoga Becky	6:00-7:00am Cycle Ellen	8:00-9:00am Gentle Yoga C.M.	7:00-8:00am Cycle Ronda/Ellen	8:00-9:30am Endurance Cycle Ellen
9:15-10:15am ZoneTone Cindy k	7:15-8:00am Express Cycle Burt	8:00-9:00am Zumba Gold® Anastasia	7:15-8:00am Express Cycle Burt	9:15-10:30am Intermediate Yoga C.M. k	8:15-9:15am Power Step Christine	9:45-11:15am Yoga C.M.
10:30-11:30am SS®Classic Terry k	9:00-10:00am Kickboxing Helene k	9:15-10:15am Cardio ZoneTone Ronda k	9:00-10:00am Kickboxing Helene k	10:45-11:45am Zumba Gold® Anastasia k	9:30-10:45am Power Yoga Becky k	11:30am-12:30pm Yoga Burn Becky
12:00-1:00pm Lunch Crunch Helene k	10:00-10:30am Ultimate Core Helene k	10:30-11:30am SS®Classic Donna k	10:00-10:30am Ultimate Core Helene k	12:00-1:00pm ZoneTone Helene k		
1:30-2:45pm Move/Improve It Kris/Nancy	10:45-11:45am Gentle Yoga Ronda k	11:30am-12:15pm Zumba® Helene k	10:45-11:45am Yoga for hips/back C.M. k			
4:00-5:15pm Cycle-Yoga Becky k	12:00-12:45pm Express Cycle Ronda k	12:15-1:00pm ZoneTone Helene k	12:00-12:45pm Express Cycle Felicia k			
5:30-6:30pm Power Step Christine k	1:00-2:00pm SS®CardioFit Donna	1:30-2:45pm Move/Improve It Kris/Nancy	1:00-2:00pm SS®CardioFit Donna			
6:30-7:30pm ZoneTone Felicia	4:15-5:15pm Zumba® Helene k	4:00-5:15pm Cycle-Yoga Becky k	4:15-5:15pm Zumba® Anastasia k			
7:45-8:45pm Yoga Dana	5:30-6:30pm Cycle Anastasia k	5:45-6:30pm Kickboxing Helene k	5:30-6:30pm Cycle Felicia k			
	6:30-7:30pm Pilates Mat Anastasia	6:30-7:30pm Lift 'n Ride Felicia	6:30-7:30pm Pilates Mat Anastasia			
	7:45-8:45pm Restorative Yoga Becky	7:45-8:45pm Yoga C.M.	7:30-8:45pm Yoga Becky			



k = Kids Corner Open (child care available)

South Gym Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Boot Camp Helene		6:00-6:45am Boot Camp Helene		6:00-6:45am Boot Camp Helene		
7:00-7:45am TRX Helene				7:00-7:45am TRX Helene		
	12:30-1:15pm TRX Helene		12:30-1:15pm TRX Helene			
5:30-6:15pm TRX Shannon k	5:30-6:15pm TRX Shannon k	5:30-6:15pm TRX Shannon k	5:30-6:15pm TRX Shannon k			

FitZone Class Descriptions

Boot Camp: This 45-minute dynamic class utilizes various locations (inside & outside) and equipment (TRX, dumbbells, resistance bands, ropes, etc.) for a total body workout. The class will meet in the south gym and will begin with 5 minutes of warm-up, and then go, go, GO from there!

Cycle: This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. **Express** is a 45-minute class versus a 1-hour class. **Endurance** is a 90-minute class with longer duration sets.

Cycle-Yoga: This 75-minute class brings together cycling and yoga into one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling; comfortable clothing for Yoga; a water bottle; and a small towel.

Kickboxing: This high-energy class with a “punch” will sculpt your body using punches, kicks and cardiovascular training.

Lift ‘n Ride: Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

Lunch Crunch: Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility.

Move It! Improve It!: This class, taught by certified therapists, uses the principles of exercise for brain change to fight the effects of Parkinson’s Disease on posture, balance, coordination, voice, attention span, mood and fatigue. Participants will learn basic movements in sitting, standing and 3 different floor positions and progress to more advanced movement sequences. Educations on specific symptom management will be provided after each exercise session. For more information, contact Katie Beasley (303-335-4914) or katieb@louisvilleco.gov

Pilates Mat: All are welcome to this mind-body class that focuses on increasing core strength as well as flexibility. Controlled exercises are done on a mat usually in a sitting or lying-down position. Some exercises will also challenge the upper body.

Power Step: An advanced-level, high intensity, low impact aerobic class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is available if needed for seated or standing support. **CardioFit:** Get up and go with an aerobics class that’s safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. For more information, contact Katie Beasley (303-335-4914) or katieb@louisvilleco.gov

TRX (Total Body Resistance Exercise): TRX suspension training bodyweight exercises develop strength, balance, flexibility and core stability simultaneously. This class is held in the South Gym.

Ultimate Core: This class will focus on building abdominal and low back musculature; and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

Yoga: Traditional Hatha yoga, Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures which restores calm, balance, and enhances energy. The classes designated as **Yoga** are designed for all levels. **Gentle** classes are slower paced with gentle transitions between postures. **Intermediate** classes are for those who are ready to move on to more challenging poses, and feel comfortable being in poses longer with less resting in between. There will also be more balancing and inversions. These classes conclude with the guided, deep relaxation of Yoga Nidra. **Hips/Back** focuses on poses that bring greater flexibility to the hips and lower back. **Power** indicates a more vigorous, fitness-based approach. **Burn** incorporates light hand weights, at times holding poses to target and strengthen specific muscles with the occasional “cardio burst”. **Restorative** involves holding poses longer and use of props.

ZoneTone: This class uses hand weights, bands and/or body bars for total body sculpting and toning. **Cardio** indicates an additional focus on increasing your heart rate.

Zumba®: A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Gold:** easy-to-follow and modified, low-impact moves for active older adults and people who want to move at a slower pace.

K = **Kids Corner** Drop-In child care services available for 6 months to 12 years old. (3 month-olds are also allowed during specific times—please refer to our catalog or website.) **Contact for both FitZone & Kid’s Corner is Peggy: (303) 335-4920 or peggyj@louisvilleco.gov**